



# NEWS FROM THE DRAGON'S DEN

## REMINDERS:

- Please save some time this weekend to help run our home wrestling meets. Ask a coach about volunteer opportunities today.
- One of the biggest perks to hosting a home meet is the ability to eat and relax in our Hospitality Room. Sign up to contribute [here](#) and/or contact Leah Vandygriff to help volunteer in the room.
- **RED TEAM ONLY** Birth Certificates and Report Cards are required for every wrestler who competes at the State Duals Tournament. Please bring or send copies of both items to Coach DeLois **by 12/22**.
- **Please don't forget to perform routine skin checks on your wrestlers!** Ringworm, warts, staph, cellulitis and other nasty infections are quite common during wrestling season, but can be caught and eliminated quickly if you remain diligent. When in doubt, seek a second opinion.

## UPCOMING EVENTS:

- DWC Friendship Meet**  
White Team Beginners on 12/15
- NPHS Home Meet** on 12/16
- DWC Dual** Red and White Teams on 12/17
- ISWA State Finals** Red Team on 01/07

Click [here](#) to find more information about these and other events.

## 12/10 RESULTS

The White Team was once again on the far north side of town last weekend at the Zionsville open tournament. DWC brought 11 wrestlers to the meet and walked away with many strong finishes.

### Highlights from the day include:

- Paxton Babcock (2-1) 2<sup>nd</sup> place
- Jordan Lebron (1-2) 3<sup>rd</sup> place
- Tucker Harbert (1-2) 3<sup>rd</sup> place
- Emmit Abernathy (3-0) 1<sup>st</sup> place
- Brantley Minchin (0-3) 4<sup>th</sup> place
- Logan Sostre (0-3) 4<sup>th</sup> place
- Ryan Cain (2-1) 2<sup>nd</sup> place
- Luke MCloud (1-2) 3<sup>rd</sup> place
- Tyler Lavin (2-1) 2<sup>nd</sup> place
- Jacob Head (1-1) 2<sup>nd</sup> place
- Morgan Hutchinson (1-2) 3<sup>rd</sup> place



Left: Tucker Harbert in the heat of battle.



Right: Paxton Babcock wins second place

The following wrestlers will also be adding hardware to their bag for pinning their opponents this weekend: Tucker Harbert, Ryan Cain, Tyler Lavin, Morgan Hutchinson and Emmit Abernathy who had three! Fantastic job White Team! You are growing stronger every single week.

## 12/10 RESULTS

The Red team was at almost full strength at the Perry Meridian meet this weekend. The roster continues to fill and the wrestlers continue to improve. The Dragons showed up and fought hard to walk away with a 4-1 record on the day and a 3<sup>rd</sup> place finish overall.

### Individual accomplishments from the day include:

- Warren Sanford went undefeated
- Connor Maddox remained undefeated and racked up 4 more pins
- Carter Sanford battled through illness to deliver 4 pins for the team
- Cohen Wuethrich went 4-1 with 3 pins
- Gunner Butts went undefeated
- Cole Vandygriff went 4-1 with 3 pins using the cradles taught in practice this week
- Blake Dammann, Damon Mink, Gavin Wilcher and Bryce Brantley continue to grow in strength and skill



Above: Cohen Wuethrich pins an opponent.



Right: Cole Vandygriff gets some tips from Coach DeLois

The team gave up fewer takedowns and scored more points with escapes than they have in previous weeks. It was obvious that they've been listening during practice. Hard work trumps talent every time! Next week, we're on our home mats, so let's work our tails off again at practice and deliver a championship performance for our fans.

**THE NPHS TEAM WRESTLES @ HOME THIS SATURDAY. COME OUT AND SUPPORT!**

*"It simply isn't an adventure worth telling if there aren't any dragons."*

*J.R.R. Tolkien*

# NEWS FROM THE DRAGON'S DEN

**COACH'S CORNER:** On Setting Goals

by: Coach Alex Johns

**"A goal without a plan is just a wish."** - Antoine de Saint-Exupery

Goal setting is an important element of success. We want our athletes to set goals that will allow them to chase excellence. A great framework to use is the SMART goals approach. Each goal should include all of these elements:

**S** Specific - Define the goal as much as possible. (Who, What, Where, Why)

**M** Measurable – Make sure you are able to track the progress and measure the outcome.

**A** Attainable - Is the goal reasonable enough to be accomplished?

**R** Realistic - Is the goal worth your time and will it meet your needs?

**T** Time-based – Make sure you include a deadline by which you will achieve your goal. (daily, week, month, season, career, etc.)

Goals should be categorized into short-term and long-term. Your short-term goals are on a daily/weekly basis and they will help in the pursuit to achieve your long-term goals. Once you have your goals set, put them in a place where you will see them every day (examples: mirror, locker, fridge, etc.). If you don't see your goals every day, you will be less likely to pursue them. You can always adjust your goals to keep them relevant and beneficial to you.

You are the only person who knows your true potential. Be prepared to prove others wrong along the way to achieving your goals! It's never too late to start working towards your goals. If you've not yet set goals this season, please feel free to use the NPHS team's sheet to do so today. Don't forget to post your goals where you'll see them every single day!



**This Year's Wrestling Goals (Individual):**

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**Long Term/Career Wrestling Goals (Individual):**

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**Specific Technique Goals** – Which specific technique(s) do you want to master?

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**To attain these goals, I will do the following:** (example: drill my set-ups 15 min after practice 3x/week)

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**Other Important Goals:** (Academic goals, # of Takedowns, Wins, Pins, etc.)

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## ATHLETES OF THE WEEK:

Cole Vandygriff is a 5<sup>th</sup> grader at SCE and is in his second year of wrestling. Cole is also on basketball, baseball and swim teams throughout the year. When he's not at practice, he can usually be found with his two dogs, Rowan (l) and Bristol (r). Cole and his brother Bryce enjoy traveling, shooting, building, and playing video games. Cole is a US geography buff who would like to visit every state in the country. He's working on finishing up the east coast now. Cole's goals for the year include getting 10 pins by the end of duals season and placing in his weight class at State. The highlight of his wrestling career was when he executed a Peterson move during last year's Freestyle season. Cole's heroes include Benjamin Franklin for his intelligence and creativity, and his father for his focus and work ethic.



Nathan Hartinger is a 4<sup>th</sup> grader at SCE. He's been wrestling for 3 years. He loves the team aspect of wrestling and has made some very strong friendships within the club. Outside of wrestling, Nathan enjoys soccer, playing video games and Robotics club. Nathan has one dog, named Lilly and one brother named Matthew. Nathan is a Pokemon fanatic who can name at least 3 facts about each and every card in his extensive collection. Nathan is brilliant at math, and his strategic mind is his biggest asset on the mat. His hero is Albert Einstein. The other half of his brain is devoted to humor and wit. 15 minutes spent with Nathan are guaranteed to elicit at least 3 chuckles. The highlights of his season to date have been his two pins. Nathan hopes to achieve two more by the end of the duals season.



## TEAM ROSTERS:

Weight	Red Team Wrestler	White Team Wrestlers
40	Warren Sanford	Cooper Price
45	Connor Maddox	Paxton Babcock
50	Carter Sanford	Jordan Lebron, Logan Soskre
55	Cohen Wuethrich	Jackson Lavin, Ryan Cain, Morgan Hutchinson, Joey Dawson
60	Charlie May	Brysen Wood, Emmit Abernathy, Ryker Yonts
65	Gunner Butt	Aiden Olson, Colt Pratt
70	Cole Vandygriff	Daysen Wood
75	Blake Dammann	Brantley Minchin, Preston Boyd, Brad Tully
80	Tyler Lavin	Nathan Hartinger, Daysen Wood
85	Connor Shatz	Zeke Jefford, Bryson Wood
90	David Pack	
95		
105	Sydney DeLois	Anthony Clevenger
115	Gavin Wilcher	Carter Simpson
130		
150	Damon Mink	
175	Bryce Buckley	

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 New Palestine Dragons Wrestling
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[www.dragonwrestlingclub.com](http://www.dragonwrestlingclub.com)

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